

GROCERY LIST

PANTRY STAPLES

- Oil:**
 - 2 tbsp, preferably olive (**Chicken Souvlaki**)
 - 2 tbsp (**Yaki Udon**)
 - 1 tbsp (**Chicken Steaks with Creamy Mushroom Sauce**)
 - 1 tbsp (**Lemon Chicken Orzo**)
 - 1 tbsp (**Sweet Garlic Chicken**)
- 2 pkgs (7 oz/200 g each) fresh Udon noodles (Yaki Udon)** *Swap: stir-fry rice noodles or rice*
- 1 can (14 oz/398 ml) coconut milk**, preferably light (**Butter Chicken**)
- 2 cups uncooked bite-sized pasta (Mac & Cheese)**
- 1 cup ketchup (Slow Cooker Pulled Pork)**
- 1 cup uncooked orzo (Lemon Chicken Orzo)**
Swap: pasta or rice
- ½ cup brown sugar (Slow Cooker Pulled Pork)**
- ½ cup crushed tomatoes (Butter Chicken)**
Tip: leftover crushed tomatoes can last in the fridge for up to 7 days
- ½ cup white vinegar (Slow Cooker Pulled Pork)**
Swap: rice vinegar or apple cider vinegar
- ¼ cup capers (Lemon Chicken Orzo)** | *Tip: If you don't like capers, they are okay to omit, but they add saltiness to the dish*
- 2 tbsp lemon juice (Chicken Souvlaki)** | *Tip: a small lemon yields about 2 tbsp of juice*
- 2 tbsp soy sauce**, preferably low-sodium (**Yaki Udon**)
- 1 tsp Worcestershire sauce (Chicken Steaks with Creamy Mushroom Sauce)** | *Tip: Worcestershire sauce is a great investment for your pantry. It enhances the umami flavours of savoury ingredients.*



Pantry Staples Grocery
\$35 CA*

SHOP SMART: Take stock of your pantry inventory before shopping so you know what staples you already have on hand. This will help you stay organized, ensure you use up what you have, and make it less likely that you'll purchase doubles of any ingredients.

PRODUCE

- 3 small sweet potatoes (Sweet Garlic Chicken)**
- 2 bell peppers** | *Tip: Green peppers are often less expensive. Or, buy bulk rainbow packs and get more bang for your buck with leftovers.*
 - 1, preferably yellow (**Chicken Souvlaki**)
 - 1 (**Yaki Udon**)
- 2 onions**
 - 1 large (**Butter Chicken**)
 - 1 small red (**Chicken Souvlaki**)
- ½ pkg (8 oz/227 g) sugar snap peas (Yaki Udon)**
Swap: frozen green beans
- 4 cups baby spinach (Lemon Chicken Orzo)**
Tip: Pick up an extra big bag of spinach to have on hand when you need extra veggies
- 4 cups cherry tomatoes**
 - 2 cups (**Chicken Souvlaki**)
 - 2 cups (**Lemon Chicken Orzo**)
- 4 cups shredded coleslaw (Yaki Udon)**
Swap: leafy greens for added fibre!
- 3 cups sliced mushrooms**
 - 2 cups (**Chicken Steaks with Creamy Mushroom Sauce**)
 - 1 cup (**Yaki Udon**)



Produce Grocery
\$25 CA*

SHOP SMART: Buy produce in bulk wherever it makes sense to save money in the long run. This week, instead of individual sweet potatoes and onions, select big bags of each and store in a dark, cool area or in the fridge—they will maintain their quality for 1 month.

*Costs based on Walmart Canada

GROCERY LIST

PROTEIN

- 3 eggs (Luscious Lemon Tarts)
- 5 lbs (2.5 kg) boneless pork shoulder or butt roast (Slow Cooker Pulled Pork) | Swap: chicken breast
- 3½ lbs (1.6 kg) boneless, skinless chicken breasts, about 7
 - 2 lbs/900 g (Butter Chicken) | Swap: ground chicken or chicken thighs
 - 1½ lbs/675 g (Chicken Steaks with Creamy Mushroom Sauce)
- 3 lbs (1.3 kg) boneless, skinless chicken thighs
Swap: chicken breast
 - 1 lb/450 g (Lemon Chicken Orzo)
 - 1 lb/450 g (Sweet Garlic Chicken)
 - 1 lb/450 g (Yaki Udon) | Swap: beef strips, pork slices, firm tofu
- 2 lbs (900 g) boneless, skinless chicken breast fillets (Chicken Souvlaki)



Protein Grocery
\$105 CA*

SHOP SMART: Meal Solutions offer a lot of servings, so there will be leftovers for lunch or future meals. The total cost of protein is high upfront, but keep in mind that you will be cooking once and eating twice for most of these meals. Check out tips in the meal plan and recipes on epicure.com for ways to transform leftovers into a delicious lunchtime solution!

DAIRY

- 1½ cups plain 2% Greek yogurt | Swap: sour cream
 - 1 cup (Chicken Steaks with Creamy Mushroom Sauce)
 - ½ cup (Butter Chicken)
- ⅓ cup milk, your choice (Mac & Cheese)
- 5 tbsp butter, preferably unsalted
 - 2 tbsp, optional (Mac & Cheese)
 - 1 tbsp (Butter Chicken)
 - 1 tbsp (Lemon Chicken Orzo)
 - 1 tbsp, optional (Luscious Lemon Tarts)



Dairy Grocery
\$10 CA*

OTHER

- 24 frozen mini tart shells (Luscious Lemon Tarts)
- 8 pitas, optional (Chicken Souvlaki)



Other
\$7 CA*

SHOP SMART: Grocery stores will often add extra discounts to dairy products that are getting close to their “best by” dates. Keep an eye out for these stickers on the products because they can save you big bucks!



PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL:

This week, add leafy greens with dressing, extra veggies, and potatoes or wholegrain dinner rolls.

*Costs based on Walmart Canada

SUNDAY SHOP & PREP TIPS



SHOP

- Streamline your shopping! Choose one kind of chicken (breasts or thighs) for **Chicken Souvlaki**, **Sweet Garlic Chicken**, **Butter Chicken**, **Yaki Udon**, **Chicken Steaks with Creamy Mushroom Sauce** and **Lemon Orzo Chicken**. You can even use the same type of chicken for **Slow Cooker Pulled Pork**. Buy club packs and check for sales!
- Invest in reusable pantry staples. Stock up on sales and buy generic or house brands instead of big-name brands. They typically come in less flashy packaging but offer quality and can save you up to 30%.
- An easy way to compare prices between brands and sizes of the same ingredient is to look at the unit price found in small print under the main price at the store. This will tell you how much products cost per 100 grams or millilitres so you can decide which item is the most cost-effective to buy.
- Look high and low! Grocery stores typically position the more expensive items in your direct eyeline where you can easily reach them. Often, the better deals can be found on the upper or lower shelves.
- Check the expiration dates of ingredients before you buy them. Make sure you'll have enough time to use them before the expiration date to avoid food waste, or be aware of what will need to go into the freezer.
- Pick up extra leafy greens and other inexpensive vegetable staples to balance your plates this week, such as carrots, celery, salad greens, potatoes, and extra peppers. Check for sales, buy produce that is in season, or choose frozen or canned options when possible.
- Wash and prepare your own veggies instead of choosing pre-chopped bags that are often more expensive.

PREP

- Get **Slow Cooker Pulled Pork** going as soon as you get home.
- While that's slow cooking, continue to unpack your groceries. Wash and prep fresh produce and store in **Stay With Me Produce Savers** in the fridge to keep them fresh.
- Cook noodles for **Mac & Cheese** in **Multipurpose Pot** or **Multipurpose Steamer**. Rinse with cold water and place in a container; lightly stir in olive oil to prevent sticking, then refrigerate, to be reheated in the microwave tomorrow.
- Freeze 1½ lbs (675 g) chicken for **Chicken Steaks with Creamy Mushroom Sauce** at the end of the week.
- Make a big batch of salad dressing using your favourite Epicure Dressing Mix for the week to serve with leafy greens to balance your plate. Store in an air-tight container in the fridge for easy access.
- Prepare **Luscious Lemon Tarts**. Store in a **Stay With Me Produce Saver** layered with parchment paper for a grab-and-go dessert throughout the week.